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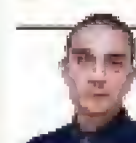
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metroNEWS

Respect judgment of Catholic teachers, association says

EDUCATION

Autonomy over religious instruction promoted



Omar
Mosleh
Metro | Edmonton

Catholic school boards need to respect teachers' individual rights to interpret religious instruction based on their own professional judgment, says the Teachers' Association of Alberta.

Through a series of resolutions passed over the weekend, the association said teachers need to have a level of flexibility and autonomy in how they administer religious instruction, including lessons on sexual and gender diversity.

They also reaffirmed their "respect and support" for Catholic education in light of recent public discussion on the role

of religious instruction.

"We want to make sure that teachers in Catholic systems are respected for the work that they do, but their professional autonomy and understanding as teachers also needs to be included in the mix," said association president Mark Ramsankar.

"We're hoping that it's unfettered — let the teachers be able to do the work they need to do."

Marilyn Bergstra, an Edmonton Catholic School Board trustee who was removed from her post as vice-chair for suggesting religious classes shouldn't be mandatory for high school graduation, said it's important teachers have the ability to offer a "multitude of perspectives", whether it's scientific or faith-based information.

"Certainly in Catholic schools there's a great value in offering that Catholic theological base. But I can't imagine anyone would want that to mean that you can't teach evidence-based facts," she said.

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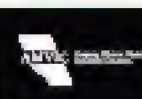
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Reconsidering liquor laws

NIGHT LIFE

Agency mulls extended-hours pilot for live music venues



Jeremy Simes
Metro | Edmonton

Rob Pasma is usually the party-pooper at the Needle Vinyl Tavern. He tells bands to wrap up their last song when they play past the 2 a.m. closing time.

"Because of liquor laws, I have to get everyone out of there," said Pasma, the operations manager at the live music venue.

But the 2 a.m. closing-time rules set out by the Alberta Liquor Gaming Commission (ALGC), the agency that regulates alcohol in the province, could potentially change for some bars in Edmonton.

A report heading to city council Tuesday indicates the liquor agency potentially supports pilot projects that would see extended closing hours for some live music venues in Edmonton.

But the city would also have to be on board with the changes, said ALGC spokesperson Lorne Kletke, noting the pilot would have to be of small scale.

"Broader stakeholder con-



Rob Pasma, the operations manager at the Needle Vinyl Tavern, says he would love to see bar hours extended so bands can play longer. JEREMY SIMES/METRO

sultation, such as with licensed venues, has not taken place," he said in an email.

Though there are few details on a potential pilot, Pasma said



It would benefit us. It would allow us to showcase more bands.

Rob Pasma

he'd love to see more hours.

"It would benefit us," he said. "It would allow us to showcase more bands. We would be able to shift from family-friendly events

to adult only without anyone losing time of their music share."

But the city would have to talk with numerous groups — like police, artists, residents, community leagues and businesses — before giving a thumbs up to potentially extending hours, according to the city report.

The document also highlighted possible concerns with extending hours. They include more noise in communities, increased costs for police, and challenges around determining which venues should be included in a pilot.

Coun. Ben Henderson, who initially asked the city to respond to the potential pilot, said he has mixed feelings on the extension of hours.

"Encouraging live music in the city is important, and I think we need to look at creative ways to do that," he said. "But how effective this would be and what the consequences would be are questions that need to be asked. There may not be that much benefit."

Pasma said he hopes conversations over the potential pilot gain steam; he feels it's an issue that's been put on the back burner.

"It feels like a carrot has been dangled in front of us for years," he said. "Hopefully now's the time to just say, 'Nope,' to 2 a.m. and extend the hours."

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Quintet serves up art at McLuhan House

CULTURE

Five-woman collective creates mural of famed theorist's mom



Kevin Maimann
Metro | Edmonton

The mural is the message on the garage of famed cultural theorist Marshall McLuhan's childhood home.

A five-woman Edmonton arts collective dubbed Tennis Club is painting a mural on the former property of the intellectual who coined the phrase "the medium is the message" — but not to honour Marshall himself. Instead the mural celebrates his mother, actress Elsie McLuhan.

"A lot of the history around Marshall McLuhan is so focused on him and his father and his brother and that neither his sisters nor his mother were really given placement," said Tennis Club member Megan Gnanasiamany, adding Elsie was a "fascinating" woman.

"It was really her home. And we're definitely passionate



Megan Gnanasiamany, Morgan Melenka, Marie Winters, Alyson Davies and Renee Perrott of the art collective "Tennis Club."

KEVIN MAIMANN/METRO

about returning stories within Alberta to focus on women's history and the way in which women have been important and often don't get the same placement within the stories that we tell."

The mural will cap off Tennis

Club's tenure as the first artist-in-residence group at McLuhan House, which opened to the public last year in Highlands after it was purchased and restored by Arts Habitat Edmonton.

All five members of Tennis Club have different specializa-

tions, including printmaking, painting, sculpture, video and fabric art, and they appear for public performances wearing tennis attire and masquerading as a successful sports team.

Gnanasiamany said the name speaks to the privilege and

prestige of tennis, as a cheeky way of acknowledging their own privilege as university-educated artists in Edmonton.

"We figured the best way to get famous in Alberta is to be a sports team, so we might as well pretend to be one," she said.

“

We're definitely passionate about returning stories within Alberta to focus on women's history.

Tennis Club member
Megan Gnanasiamany

Among other projects the group worked on through its year-long residency, Tennis Club built a float and toured parades in small-town Alberta handing out pins, cards and zines. They've fooled many a sports fan along the way, but any initial confusion tends to end on a positive note.

"People continue to believe we're a famous tennis team. We just had an art sidewalk sale and we had a few people come by looking for discount racquets and tennis gear," Gnanasiamany said. "I think even if they're a little bit disappointed that there's no actual tennis, we're interesting enough on our own."

Art collective Black Girl Magic will take on the next McLuhan House residency starting June 1.

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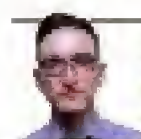


Dummy caterpillars made in Finland from plasticine were glued to plants all over the world to trick predators as part of a recent study on species interactions. COURTESY I.C. BARRIO

Caterpillars fake, but get real results

RESEARCH

Part of global study benefits Edmonton scientists



Kevin Maimann
Metro | Edmonton

Three thousand fake caterpillars are helping scientists understand species interactions around the world.

David Hik, a professor in the University of Alberta's Department of Biological Sciences, was the Canadian lead on a study that saw plasticine caterpillars glued to plants to trick predators at 31 sites in places like Congo, Greenland, Australia, Brazil and the Yukon.

Researchers placed the dummy bugs, which were created at a "hatchery" in Helsinki, Finland, in natural environments and observed what creatures attacked them by analyzing bite marks.

For example, pinchers would indicate an insect attack, beak marks would signify a bird, and tooth marks would point toward a small mammal.

"They wouldn't actually eat them, they'd spit them out," Hik said.

"We had a really good record of the type of damage."

Researchers found the highest predation attempts happened at the equator and at low elevations. What surprised them, however, was that the

same patterns were repeated at different elevations, and a larger proportion of attacks than expected came from invertebrates rather than birds.

"As you move from the equator to the poles, and the bottom of mountains to the tops of mountains, you see the same patterns," Hik said.

The study gives scientists a better understanding of species interactions in terms of predation, biodiversity and the effects of climate warming on invertebrate herbivores that will ultimately impact their predators and vegetation.

That last piece, Hik said, is particularly relevant to Canadian climates.

"We're already seeing this in some of the insect pests in the forest, that they have a longer growing season. It's warmer, there's less mortality during the winter, and how is that going to influence the whole system?" he said.

Hik said it took a lot of effort to get 40 researchers in different countries on the same page, but the collaboration has allowed them to find answers to questions they all had.

"It was an elegant little experiment to try to get at these global patterns, and then we can take those global patterns and apply them back to local and regional studies where we now have a better sense of how things might change over time," Hik said.

"Ultimately, these types of things affect crop yields and carbon storage and long term changes in biodiversity."

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5 THINGS TO WATCH FOR DURING THE BIG INFILL DEBATE

Metro looks at the proposed rules, which govern how new buildings can be built in older neighbourhoods. The issue pits long-time residents against developers that are changing the faces of core neighbourhoods. Council has the final say on whether or not to approve the rules, as debate kicks off on May 29. **JEREMY SIMES / METRO**



1 The contentious changes

Proposed changes to building height, "front setbacks" (how far homes must be located back from the street) and notifications have drawn a lot of attention. The new rules would mean developers could build two-and-a-half storey homes (8.9 metres). Currently, the maximum is 8.6 metres.

Proposed front-setback rules would mean new builds could be closer to the curb than currently allowed. Developers would only have to measure the two neighbouring homes (rather than the entire block, as is currently the case) to figure out how close they can be to the street.

Proposed changes would also mean that instead of consulting neighbours within a 60-metre radius over a minor change, developers would only need to notify the community league president.



Bev Zubot of the Edmonton Federation of Community Leagues

2 What community leagues members are saying

Some community league members have argued they don't like the new rules around height, front setbacks and notification. Taller buildings mean less sunlight for shorter neighbouring homes, according to Bev Zubot with the Edmonton Federation of Community Leagues.

She also takes issue with the fact that homes could be closer to the curb. "That common block meeting space will be lost (when homes are closer)," she said during a committee debate over the changes in February, as kids and neighbours like to gather on their front lawns.



3 Affordability

Though it won't be the main topic at city council later this month, watch out for city staff to bring forward what Mayor Don Iveson has called "the missing middle overlay."

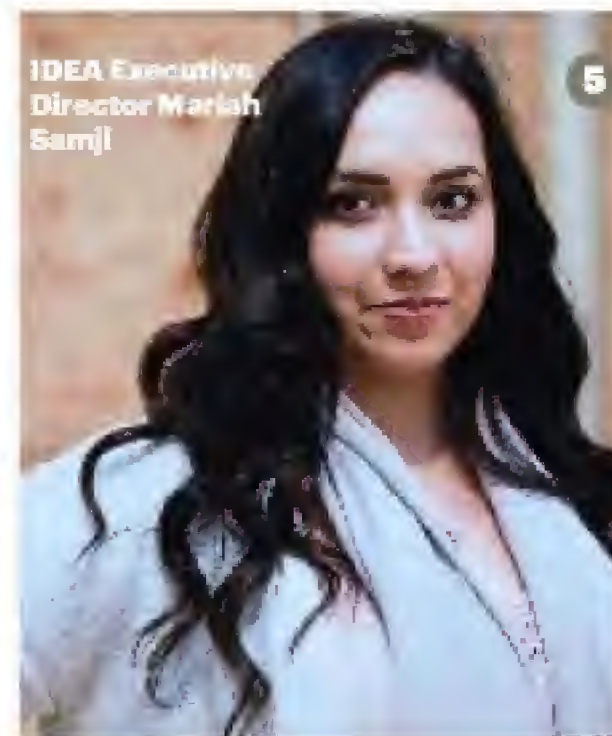
In February, the mayor tasked administration with determining neighbourhoods that would be suitable for more diverse and affordable housing options, like multi-family units.

The push for affordable density comes as many new infill homes just cost too much for many people. The report on the missing middle will return to council in early September.



4 What the city thinks

City planners hope the changes will help ease the battles brewing in neighbourhoods. Colton Kirsop (above), a city planner, said in January that the changes strike a balance that will enable development while protecting the vibe of older neighbourhoods. "The revisions create pathways to better infill," he said, when the city first unveiled the proposed changes. "They improve clarity and they support innovative and supportive housing."



5 What developers are saying

Some developers argue the proposed rules don't go far enough. The big issue for them is height. The proposed 8.9-metre cap means they couldn't build homes as high as three storeys, something they say the market wants and could make infill more affordable.

Infill advocacy group IDEA has also called on changes to the rules so inner city neighbourhoods could be even more dense, which they argue would revitalize communities.

"It's a flawed piece of legislation," said Singletree Builders' Mick Graham during the debate in February, regarding the current rules in place.

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Litigating climate change

ENVIRONMENT

Companies, governments may be sued for inaction

Eight hundred million dollars. That's the potential price tag of the rising ocean in Vancouver. The city needs a new storm surge barrier to stop flooding if, according to municipal planners, sea levels climb by one metre this century due to climate change.

When discussing this scenario last fall, Vancouver Mayor Gregor Robertson said something that made Andrew Gage perk up and listen from his law office in Victoria. "There are direct costs to our taxpayers, but this is not an act of God," Robertson reportedly said. "This is tied directly to human activity."

Translation for Gage: Maybe it's not just Tracy and Tom Taxpayer who should be on the hook for the new storm barrier. Maybe whoever is to blame for the rising ocean should fork over some cash. That's the idea behind an emerging front in the



Residents sit in a truck after the government implemented evacuations at Barangay Matnog, Daraga, in the Philippines on Dec. 25, 2016, due to an approaching typhoon. Climate change is being blamed for extreme weather conditions. GETTY IMAGES

battle against climate change. And environmental groups and legal teams around the world are looking to the courtroom as their theatre of war. The term for it is "climate change litigation." The legal field is in its infancy, but many feel it will inevitably make an impact, given the estimated costs of new infrastructure and eco-

nomie disturbances expected from climate change. A 2012 report from the Climate Vulnerable Forum pins the global cost at \$1.2 trillion in 2010, a figure they predict will quadruple by 2030.

Policy Horizons Canada, a government department that predicts possible challenges for the public service in the com-

ing 10 to 15 years, published a paper in April that warned of future court challenges over climate change. The paper outlines how large emitters like oil and gas companies, as well as governments, could be taken to court over alleged inaction on climate change.

In a statement, a spokesperson for the federal environ-

ment ministry said the government wouldn't speculate on hypothetical legal matters. However, the statement said that a government roundtable predicted in 2011 that the economic impact of climate change on Canada could reach \$5 billion per year by 2020 and between \$21 billion and \$43 billion per year by 2050.

Climate litigation is happening in other parts of the world. One frequently cited case involved an environmental group, Urgenda, which took the Netherlands to court over its allegedly lacklustre emissions reduction targets. In 2015, a Dutch court ruled in favour of Urgenda and found that the government must do more to curb emissions because of "its duty of care to protect and improve the living environment."

There is also a case in the Philippines involving Greenpeace, which is arguing that the world's largest oil companies are violating the human rights of local people because of the rising incidences of extreme weather, such as the 2013 storm that killed thousands and caused billions of dollars in destruction. TORSTAR NEWS SERVICE

NATO

Trump top of mind at summits

Prime Minister Justin Trudeau heads to Europe this week for the NATO and G7 summits, where global leaders are trying to figure out exactly how the world works now that U.S. President Donald Trump is at the table.

The future of military alliances, the fight against climate change and even free trade all hang in the balance as the new man in the White House sits down and lets them all know his plans — or maybe not.

"Predicting what this president does would be virtually impossible," said David Perry, a senior analyst with the Canadian Global Affairs Institute, delivering a common answer to the question of what to expect.

"Fireworks would be the baseline expectation of some sort."

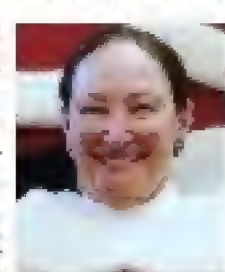
On Thursday, Trump, will sit down with Trudeau and other leaders at the NATO summit at the group's new headquarters in Brussels. Candidate Trump declared on the campaign trail that NATO had outlived its usefulness. THE CANADIAN PRESS

Abella takes aim at 'narcissistic populism'

One of Canada's top judges has made an impassioned plea to the graduating class of law students at an American university to stand against injustice fuelled by "narcissistic populism."

In a speech that took aim at the actions and words of the sitting U.S. president, Supreme Court Justice Rosalie Abella did not once utter the name of Donald Trump. Yet Trump's feuds with judges who

have halted his planned travel bans from predominantly Muslim countries, the ongoing fallout from his firing of former FBI director James Comey, and his populist policies ran through Abella's keynote address at a



Rosalie Abella

graduation ceremony. Abella told the graduating class at Brandeis University, west of Boston, Mass., that she has become worried about the state of justice in the world decades after the Second World War.

After the war, countries committed themselves to the "promotion and protection of values designed to prevent a repetition of the war's unimaginable human rights abuses," she said. THE CANADIAN PRESS

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26TH ANNUAL EMERALD AWARDS

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THE MOSAIC CENTRE

EDMONTON'S MOSAIC CENTRE A MODEL FOR NET ZERO COMMERCIAL CONSTRUCTION

Calling The Mosaic Centre in Southeast Edmonton innovative is definitely an understatement. The 30,000 square-foot commercial building is the northernmost net zero building in the world—a thriving space that offers tenants a bright, positive energy workspace, but is supplied with geothermal heating and solar electricity.

"We're a hub for social innovation in business. We want to create that ideal workspace," says Christy Benoit, visionary and co-owner of The Mosaic Centre (and a lead building tenant, as head of Oil Country Engineering). The popular restaurant Workshop Eatery also inhabits the space, along with several smaller companies.

Now with the prestigious LEED Platinum Certification, The Mosaic Centre can also call itself one of the greenest, healthiest buildings in Western Canada. It's no wonder over 3,000 people have toured the building to date, including interested municipalities and other construction companies.

Benoit says part of the challenge in building the space was in finding like-minded team members, those who could 'think outside the box', she says. She found partners in Chandos Construction and Manasc Isaac Architects and the result has become an Integrated Project Delivery (IPD) model of doing business—aligning key players in a project and fostering that collaboration and teamwork.

The low energy-use Mosaic Centre, dubbed Edmonton's 'crown jewel of sustainable construction' is a building meant to inspire, says Benoit. Key features include a 26,500 litre rainwater retention underground tank for plant irrigation, 100 per cent LED lighting and onsite composting.

WORTHINGTON CONSTRUCTION

WORTHINGTON CONSTRUCTION: PORTABLE WATER CLOSET

When Worthington Construction owner Mike Worthington and workers got tired of driving to use a bathroom from the job site, they developed an off-grid, innovative portable water closet. A big step up from the plastic portable loos commonly used on construction sites and at outdoor events, the Worthington Water Closet uses solar electricity, geothermal heating and harvested rainwater/snowmelt to create a large, comfortable portable washroom.

In 2015, Worthington partnered with Calgary's SAIT and its Green Technologies Research Group to develop a prototype for the trailer-mounted, 20-foot long by eight-foot wide full-service washroom. Performance testing was done at Edmonton's Victoria Golf Course and a PCL Construction site in Calgary, with positive results.

The Worthington washroom has a heated concrete floor, wash basin and running water, plus an ambient temperature of 18 degrees Celsius. There's even a urinal and change table in one model.

"I'm a civil engineer, so I tinker with things. It was an innovation challenge that got us thinking about making this," says Worthington. "If one of our units is in regular use for a year, it's the carbon offset equivalent of taking one car off the road."

Worthington has now built two portable water closets and is renting them out for weddings, parties and other special events. There's also interest from the City of Edmonton and construction companies in the province.

"I've wanted to do something with renewable energy. We'll keep tweaking the model—streamline it so construction companies can use it like a plug-and-play device."



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RE-MATT

A RECYCLING IDEA WHOSE TIME HAS COME

It's a no-brainer—keeping used, bulky mattresses out of the landfill by selling them to an environmentally-focused company—a mattress recycler who will take the units apart and sell the coils, fillings, etc to parts buyers. This is one of the first companies doing the ecofriendly job in all of Alberta, and that's Calgary-based Re-Matt. The emerging growth award winner and small business of the year finalist (via the Calgary Chamber of Commerce) is also now a finalist for an Alberta Emerald Award in the small business category.

Re-Matt director Shawn Cable says that though it's a relatively new concept and niche market in the Calgary area, there's legislation on the horizon in Vancouver and Edmonton to require that mattresses be recycled. "I hope we're not too far ahead of the curve here. We want to do something good for the environment and our aim is to work with the City of Calgary to see that every mattress gets recycled," he says.

"We've been pursuing businesses—hotels, The Brick, Ikea, Sears and other retail and transfer stations—so it's great to be recognized as an Emerald Award finalist to help keep getting the word out," he says. Calls from Banff, Strathmore, Bonnyville and more indicate the word is spreading.

A labour-intensive operation, Cable and Re-Matt staff manually separate wood, metal, cotton, box spring and all mattress components. In two and a half years, the company has kept an estimated 70,000 mattresses out of the landfill.

WILD ROSE CONSULTING

WILD ROSE CONSULTING PRESERVING ALBERTA'S PLANT HERITAGE

When Ann Smreciu moved from Vancouver Island to Alberta nearly 40 years ago, the plan was to stay a few years and then return to 'God's country', as she describes it.

But the owner of Wild Rose Consulting (and holder of a master's degree in plant sciences/horticulture) is glad she stayed, making a life's work of re-establishing Alberta's native plants on disturbed lands and Smreciu is now recognized for her individual contributions as a finalist for this year's Emerald Awards.

"Seed banks aren't new—the forestry industry uses them—but banking seeds has been a novel idea for Alberta's oil and gas industry," says Smreciu, pointing to achievements at the Old Man River dam, Dixon Dam river dam and the Oil Sands Vegetation Coop (a seed bank created in conjunction with the oil sands industry to harvest and bank seeds.) "It makes sense to put native plants back into the ground to create a varied and diverse ecosystem."

Smreciu is also working with oil industry, government, seed companies and nurseries to create policy on how to redevelop lands disturbed by industry. "It's gratifying to see the re-establishing shrubs like saskatoons, chokecherry, dogwood, low bush cranberry and others. When I started, very few were working with native plants," she says. "Getting an award isn't the goal. It's important that this work preserves the natural heritage of our native plants. It benefits the whole province."



Mass panic after 'horrific attack'

INVESTIGATION

At least 19 dead in Manchester as explosion rocks concert

An explosion struck an Ariana Grande concert in northern England late Monday, killing at least 19 people and injuring dozens in what police were treating as a terrorist attack.

Greater Manchester Police said 19 people were confirmed dead after the explosion at Manchester Arena. Northwest Ambulance Service said 59 injured people had been taken to hospitals, and a number of "walking wounded" were treated at the scene. Emergency vehicles were helping the injured, and bomb-disposal units were later seen outside the venue.

There was mass panic after the explosion at the end of the concert, which was part of Grande's The Dangerous Woman Tour.

Grande, who was not injured, tweeted hours later: "Broken. From the bottom of my heart, I am so so sorry. I don't have



The explosion struck at Manchester Arena, where Ariana Grande had performed. The performer was not injured. GETTY IMAGES

words."

Manchester Arena said on its website that the blast struck outside the venue as concertgoers were leaving.

Jenny Brewster said she was leaving the concert with her 11-year-old daughter when the blast hit.

"As I turned around, boom, one loud noise," she told Sky

News. "A gentleman said 'Run!' so we ran."

Outside, she said, "you could smell the burning."

Britain's terrorist threat level has been set at "severe" in recent years, indicating an attack is highly likely. Police said the explosion is being judged a terrorist attack unless new information proves otherwise.

"A huge bomb-like bang went off that hugely panicked everyone and we were all trying to flee the arena," concertgoer Majid Khan, 22, told Britain's Press Association. "It was one bang, and essentially everyone from the other side of the arena where the bang was heard from suddenly came running towards us as they were trying to exit."

Added Oliver Jones, 17: "The bang echoed around the foyer of the arena, and people started to run."

Video from inside the arena showed concertgoers screaming as they made their way out amid a sea of pink balloons.

British Prime Minister Theresa May said the government is working to establish "the full

+ TRUDEAU REACTS

Prime Minister Justin Trudeau said Canadians "are shocked by the news of the horrific attack in Manchester." On Twitter, he asked Canadians to "keep the victims & their families in your thoughts."

THE CANADIAN PRESS

details of what is being treated by the police as an appalling terrorist attack."

May is due to chair a meeting of the government's COBRA emergency committee later Tuesday. She and other candidates suspended campaigning for Britain's June 8 election after the blast.

If the incident is confirmed as a terrorist attack it would be the deadliest in Britain since four suicide bombers killed 52 London commuters on three subway trains and a bus in July 2005.

Police advised the public to avoid the area around the Manchester Arena. The train station near the arena, Victoria Station, was evacuated and all trains cancelled. THE ASSOCIATED PRESS

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BLUEPRINT by David P. Ball/Metro

Reframing the road

Bike Month is upon us in much of the country, the perfect time for Canada's cities to put their "bike pedal" to the metal — and shift gears to improve cycling. Unlike many of their European counterparts, Canadian city plans often relegate bikers to second-class commuters. But there's no lack of fixes to move cycling from overlooked to a celebrated (and, in turn, safer) way to move around town.



PUBLIC WORKS The week in urbanism



ON THE LINE
Cycling advocates in San Francisco are putting their bodies on the line to protect one another. Twice this month, dozens of people donned yellow shirts and held hands to form a human chain to separate the bike lanes from vehicle traffic.

ACROSS THE SEA
A shipping container filled with Dutch bikes is making its way from Europe to Winnipeg to promote cycling in Canada. The Plain Bicycle project arranged to bring 140 used bikes — and their spirit — to our shores.

CITY CHAMP Metro's city builder of the week



Tom Babin is the "cyclist in chief" at Shifter, a website dedicated to urban cycling news. The Calgary-based writer and bike booster is a true Canadian two-wheel inspiration, authoring a book about winter biking called Frostbike. @TomBabin

METRO CITIES CYCLING SHOWDOWN by David P. Ball/Metro

Canada's cities are cranking up their efforts to be "bike friendly," but actually comparing those efforts side-by-side is surprisingly difficult. Metro set out to make our own — albeit subjective — report card ranking our most bikable cities.

	VANCOUVER A	CALGARY B	EDMONTON D	WINNIPEG D	TORONTO C	OTTAWA A	HALIFAX B
Protected bike lanes	7%	0.7%	2%	1%	1.7%	0.55%	0.9%
Bike paths/trails per capita	52 km/100K	73 km/100K	30 km/100K	57 km/100K	15 km/100K	69 km/100K	79 km/100K
Additional support infrastructure for cyclists	1,500 bike shares at 150 stations; 40 lockers at transit hubs; roadside tire pump.	436 new bike racks; lockers at LRT stations; downtown cycle track. No bike share — yet.	Some bike racks; protected lanes removed; Downtown Bike Network opening Aug. 26.	Bike repair stations at libraries and parks; underground parking; bike racks. But numerous potholes.	2,000 bike shares at 200 stations; bike repair stations at 30 transit hubs.	300 bike shares at 28 stations; 13 bike repair stations; 1,500 parking racks; three parking corrals.	12 bike tune-up stands; secure bike lockers at four transit hubs; bike stands on local ferries.





Burn the dress

What to do when the wedding is off

Ashley Aseltine's wedding was called off, so she wore her dress to a Zombie walk. TORSTAR NEWS SERVICE

Ashley Aseltine had the ring on her finger, dress in her closet, and "save the date" magnets on friends' fridges.

But seven months before the big day, she didn't have a fiancé.

"He ended it," said Aseltine, 31. "It stung. Everything kind of stung for a really long time."

The December 2013 split ended their 12-year relationship and year-and-a-half engagement. The next weeks were a painful blur during which Aseltine leaned on family and friends for support.

Then she got to work, calling the vendors and notifying friends and tucking the ring and the dress away in corners of her apartment. The \$600 silk, floor-length gown wouldn't resurface until three years later when she would run over it with a car, drench it in fake blood and wear it as a costume for a Halloween Zombie walk.

For soon-to-be brides and grooms who call off their wedding, there's the immediate heartbreak that comes with losing someone you planned to spend your life with. Then there's the logistical nightmare of hav-

\$ WHAT NEXT?

The dress

You could sell it, donate it, or burn it, Juarez said.

The venue

The venue may refund your deposit. If not, suggest an alternative use for the space, such as a party.

The alcohol

Drink it. Not all at once. With cases of wine on hand, you may never have to go to the liquor store again. Or try to return them.

The gifts

Generally, return to the gift-giver, or, if opened, offer equivalent monetary value. However, some friends may want you to put them toward starting your new life, as Aseltine's friends did.

The future

Practise radical self-love and self-care, grieve, and move forward with your life, Juarez said.

ing to unplan one of the most important events of your life — breaking the news to everyone from your grandma to your gynecologist, swallowing lost deposits, fielding prying questions and fighting stigma in the process.

"It almost seems less taboo to get divorced than to call off a wedding," said Natalia Juarez, a Toronto-based breakup coach.

Whereas some people think "at least you tried" when divorce quickly follows nuptials, calling off a wedding entirely is regarded as "giving up too soon," she said, noting that divorce is also talked about more openly than broken engagements.

Juarez said those who call it off usually feel it was the right decision years later. But she's spoken with clients who saw red flags, but didn't want to call off the wedding for fear of letting down their family or spouse-to-be.

"Everyone was so excited they felt like they couldn't disappoint," she said. "(Brides and grooms) are emotionally and financially invested, and so are their families and social communities."

Lauren Hughes, owner of

Lauren Hughes Events Co. in Toronto, said undoing the hard work that goes into planning a wedding comes with sensitive challenges and a time crunch. "Things need to be dealt with pretty quickly . . . especially if your invites have gone out."

In Aseltine's case, she looks back on her breakup without anger or regret. She's now friends with her ex. They play on the same softball team.

But dismantling her wedding was frustrating — and pricey. Her friends encouraged her to put the money from the couple's Jack and Jill party toward recouping lost deposits for key elements, such as the venue and the photographer, but she still ended up more than \$3,000 out of pocket.

The ring, she kept. Her ex never asked for it back.

"There's so much that I've thrown out or gotten rid of that had to do with our relationship," said Aseltine, for whom the "small and simple" piece of jewelry served as a token of what they shared. "It was a really important relationship . . . I don't want to forget that." TORSTAR NEWS SERVICE

PLAID FOR DAD metro focus on prostate cancer

“That fight was finally over

Megan Skead, 25, lives in Edmonton. Her father died of prostate cancer.

"The mourning process pretty much started the day that he was diagnosed. And then it was almost a relief when he passed away, because the amount of pain that he was in, and that struggle and that fight, was finally over for him.

I guess the biggest thing that changed since that was just, you know, you don't take life as much for granted. And I'm very thankful for the family that I do have still, because they are the rock in my life. So, it definitely made me a lot more appreciative of the relationships that I have, and not to squander those or



let them just pass by. Because you really don't know how long you may or may not have."

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

21,600

in 2016, an estimated 21,600 Canadian men were diagnosed with prostate cancer.

Source: Canadian Cancer Society, 2016

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

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MORTGAGES

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Gail Vaz-Oxlade
For Metro Canada



In these days of record-high housing prices, your mortgage is likely the single largest debt you'll ever take on. And if you take a mortgage for \$300,000 at an average rate of five per cent and pay it off over 35 years, you'll end up paying \$331,789.91 in interest. Wow!

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of interest you end up paying and the time it takes to get to mortgage-free.

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Most mortgages come with a vanilla-flavoured monthly payment. If you want to speed things along, choose the mocha version: an accelerated weekly payment. Using this option, you'll end up making one extra payment directly against your mortgage each year, which would save you \$70,003.63 in interest.

Second, shorten your amortization.

The shorter your amortization, the more you have to come up with for each payment, but the less you'll pay in interest overall. If you shorten a 35-year amortization to 30 years, you'll save \$55,430.90 in interest. But that'll

mean higher monthly (or accelerated weekly) payments. If you can't swing the higher monthly payments every month? Then...

Third, make a principal prepayment on your mortgage.

Most mortgages come with the flexibility to make an annual prepayment. It usually runs between 10 and 20 per cent of the original mortgage amount. So on a \$300,000 mortgage you could make somewhere between \$30,000 and \$60,000 principal prepayment.

Getting a bonus or a raise? Inherited some money? Now you know what to do!

But you don't have to come up with a huge amount for the principal prepayment to work for you. You know that RRSP contribution you made that resulted in the \$3,200 tax refund? Slap that sucker against your mortgage each year and you'll save \$112,348.58 in interest on that 35-year mortgage.

The next time you "save" money on anything you buy, put the money you saved in a jar. When you get to \$25, deposit it to a high-interest savings account. Then, when you're closing in on your mortgage anniversary, make a prepayment.

The Financial Consumer Agency of Canada has a mortgage calculator tool you can use to run your own scenarios to see just how much you can save on your mortgage.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Why did nobody say anything?

THE SHOW: Mommy Dead and Dearest, HBO
THE MOMENT: Dee Dee's parents

So far in this harrowing documentary, we've learned that, for years, Dee Dee Blanchard, perhaps suffering Munchausen by proxy syndrome, kept her daughter Gypsy Rose ill (by force-feeding her medications) and in a wheelchair, though she

could walk; and that Gypsy and a boyfriend murdered her.

We meet Claude Pitre, Dee Dee's dad, and his second wife, Laura. They sit on chairs in their house, a riot of knick-knacks. They speak in thick Cajun accents.

"Dee Dee was a filthy person," Laura says. "If it didn't go her way she'd see to it that you would pay." Dee Dee once poi-

soned Laura by putting Roundup in her food, they say.

Then we meet Gypsy's cousin, a tattooed biker who says: "I figured one day Dee Dee would piss off somebody" and be killed. "I thought it would probably be Gypsy."

If this has you screaming "So why didn't you help?", just wait until you hear from her legion of doctors. They all have their rea-

sons for hurrying Gypsy along, for missing what was right in front of them. Many feel terrible regret. But no one protected this girl; that's the message director Erin Lee Carr communicates loud and clear.

True crime docs need lurid details and this one has plenty: the strangeness of Dee Dee's syndrome; the pathos of Gypsy's romantic fantasies. But the best

ones show us the consequences when we fail one another. If you see something, please say something.

Mommy Dead and Dearest airs on HBO Canada from June 1 and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Gypsy Rose and Dee Dee Blanchard, the subjects of Mommy Dead and Dearest. CONTRIBUTED

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metro

BILL COSBY TRIAL

Race, gender, fame all Cosby jury issues

One-third of the potential jurors questioned in Bill Cosby's sex assault case Monday said they've formed opinions about his guilt or innocence, and 35 of the 100 people questioned said they or a family member or close friend has been the victim of a sexual assault.

Jurors are being selected this week in Pittsburgh for the trial that begins June 5.

The case against the once wildly popular actor-comedian has attracted worldwide publicity that the judge hopes to shield from jurors during the trial.

The initial questioning Monday suggested it may take some time to find an unbiased jury. Judge Steven T. O'Neill was expected to question people individually throughout the afternoon.

"No one should make an effort to be on this jury, and no one should make an effort to not be on this jury," he told the group.

Lead lawyer Brian McMonagle had earlier said he hoped an unbiased jury could be found fairly quickly this week. He said Cosby was "looking forward" to getting the process started. Cosby has said he does not expect to testify.

The trial will take place in Norristown in Montgomery County, where Cosby invited Andrea Constand to his home in 2004. She said she went seeking career advice, and that Cosby gave her wine and pills that put her in a stupor before molesting her on his couch. Cosby, in sworn testimony, has said he put his hand down her pants, but said she did not protest.

The judge plans to bring 100 potential jurors to the courthouse each day this week until a dozen jurors and six alternates are found. The first group included 53 women and 47 men, and 16 people of colour.

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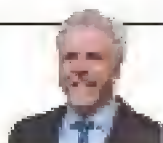
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BREWING

Craft beer goes old school with heritage crop

Owen Roberts
Urban Cowboy



Ontario craft beer is taking a huge step forward, by taking a 100-year step backward. Here, a storied, century-old Canadian heritage barley variety called OAC 21 is being reintroduced, especially for the craft beer market.

OAC stands for Ontario Agricultural College. The number 21 refers to this barley's row number in the research plot cultivated in 1903 at Guelph by Canadian crop breeding icon Dr. Charles Zavitz.

OAC 21 is ideal for small, specialized batches of craft beer, and for Ontario's particularly humid climate that roughs up cereal crops like barley.

"This is the first step toward revitalizing and re-establishing a viable malting barley production and processing industry in Ontario and Eastern Canada," says University of Guelph plant breeder Duane Falk, who has been pivotal to OAC 21's reintroduction.

Here's what's happening: as competition heats up, craft beer breweries are working harder to distinguish themselves and their products. Beer names have become clever and hip (see poll). And truly local ingredients — water, yeast, hops, and malted barley — are in high demand.

Brewers get even more excited about ingredients from heritage varieties. These are heirloom cultivars that faded



OAC 21 was once the industry standard malting barley. SIAN RICHARDS/FOR METRO



FARM poll

Take our poll

Craft beers must have a catchy name. Tell us what your favourite is at metronews.ca

into the sunset, usually because plant breeders like Falk developed better varieties (Falk himself has developed 51 different varieties).

But back in the day, these varieties had something unique that made them stand out.

For example, as plant breeder Zavitz discovered in the early 1900s, OAC 21 was more resistant than other barleys to nasty leaf and root diseases like powdery mildew, leaf rust, net blotch, spot blotch, and root rot.

These qualities allowed it to produce better-quality grain than other barleys in its day.

So, Zavitz selected it for

further development. And after considerable testing, OAC 21 was made available to farmers in 1910.

It turns out Zavitz picked a winner. Within two years, 98 per cent of Ontario farmers were growing it.

For the next 40 years, OAC 21 became the industry standard across Canada for barley used for beer production, called malting barley.

Eventually, time caught up with it, like it does with many plant varieties (they typically have a lifespan of about 10 years).

The country's population and beer intake was growing, and more productive varieties were needed to satisfy beer giants' increasing need for volume.

Now, fast-forward to 2017. Today's craft beer brewers aren't giants, and don't have the same needs for volume.

Their relatively small batches use only a fraction of the barley used by big companies.

As a result, they are quite happy with lower-yielding malting barley that grows well here and resists diseases.

Even better if it's a heritage variety, like OAC 21.

This spring, a field of OAC 21 is being grown in dry, warm, and sunny Alberta. That acreage is expected to provide brewers with enough OAC 21 malt to meet much of the demand in Ontario next year.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



Duane Falk (right), accompanied by Muddy York Brewing Co. founder Jeff Manol.

SIAN RICHARDS/FOR METRO

STANDING OUT
Breweries like Muddy York Brewing Co. are all about heritage. The company's tag line is "taste the past"



THE FUTURE of FARMING

Nature's wet blanket

Humidity creates conditions in grain like barley that are ideal for plant fungus, molds, mildews, and bacterial infections. Think about what happens in your home if humidity builds up. Stubborn fungus and mould take hold. Because of the Great Lakes, farmers' fields in Ontario are subject to similar problems.

Craft beer is everywhere

Ontario now has a whopping 180 craft beer breweries. Another 50 are in the works. Thirty brew pubs have opened. In recent years, craft beer has been the fastest-growing segment within the LCBO's beer category, up 20-30 per cent a year. The annual economic impact in Ontario of the craft beer sector is at least \$600 million.



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Colton Sissons of the Predators celebrates scoring a third-period goal against the Ducks on Monday. FREDERICK BREEDON/GETTY IMAGES

Preds on prowl to their first Cup final

2017 NHL PLAYOFFS
NASHVILLE ADVANCES

Sissons nets hat trick to cook Ducks

Colton Sissons scored his third goal with 6:00 left, ensuring the Nashville Predators' magical post-season now includes the franchise's first trip to the Stanley Cup final after eliminating the Anaheim Ducks with a 6-3 win in Game 6 on Monday night.

The Predators, who've never won even a division title in their

GAME 6 in Nashville



19-year history, came in with the fewest points of any team in these playoffs.

Now they've swept the West's No. 1 seed in Chicago, downed St. Louis in six in the second

round and then the Pacific Division champ in six games. Peter Laviolette became the fourth coach to take three different teams to the final.

"It feels so good," Sissons said. "Listen to this crowd. Our fans are amazing, a great group of guys. We just believe in ourselves. That's all it is."

The Predators will play either defending champion Pittsburgh or Ottawa for the Stanley Cup. Game 1 is Monday.

Anaheim lost in the conference finals for the second time in three years.

Cam Fowler tied it up at 3-3 at 8:52 of the third for Anaheim

as the Ducks tried to rally for the fifth time this season when trailing by multiple goals.

But Sissons, who scored on the third shot of the game, scored twice in a wild third period to give the Predators a 3-1 lead at 3:00 and then 4-3 11 minutes later.

Austin Watson scored on Nashville's first shot and had an empty-netter with 1:34 to go. Filip Forsberg also had an empty-net goal.

Pekka Rinne made 38 saves to improve to 12-4.

Ondrej Kase and Chris Wagner also scored for Anaheim.

THE ASSOCIATED PRESS

NBA PLAYOFFS

LeBron shows he's human after all

LeBron James was nowhere to be seen, staying behind the scenes, keeping a low profile.

Just as he did in Game 3.

James did not address the media Monday, hours after one of the worst post-season games of his career, an 11-point, six-turnover, head-scratching atrocity in a 111-108 loss to the Boston Celtics that — for the time being — has made the Eastern Conference final interesting.

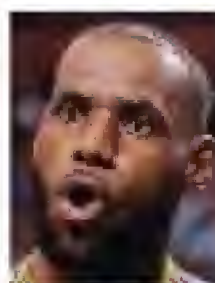
As is always the case with Cleveland's superstar, the poor performance prompted the usual speculation and suspicion: Is he hurt? Was he sending a message to his teammates? What in the name of Red Auerbach happened?

"It was a weird game," Cavs coach Tyronn Lue said. "A weird-feeling game."

And it was an uncharacter-

istically passive performance by James, who had scored at least 30 in eight straight playoff games and imposed his will on the overmatched Celtics in the series' first two games.

Though James accepted responsibility for the loss, Lue



LeBron James
GETTY IMAGES

said that no one was pinning it on him.

"No blame. We're all to blame," Lue said. "We lost; it happens. For a guy who played great for five straight months, he's got to have a bad game sooner or later. He's human."

The series resumes Tuesday night at Quicken Loans Arena before returning to Boston on Thursday for a Game 5 that didn't appear necessary until the Celtics stormed back from 21 down and won when Avery Bradley's three-pointer danced an Irish jig on the rim before falling with 0.01 seconds left.

THE ASSOCIATED PRESS

16

James went scoreless over the final 16 minutes in Game 3.

IN BRIEF

Donaldson, Tulowitzki both in rehab action for Jays

Toronto Blue Jays third baseman Josh Donaldson went 0-for-2 in his first rehab appearance for class-A Dunedin on Monday, while shortstop Troy Tulowitzki, in his fourth rehab game, went 0-for-2 with a walk.

Donaldson has been out since April 14 with a calf injury.

Tulowitzki has been sidelined since April 21 with a right hamstring strain.

THE CANADIAN PRESS

Warriors complete sweep of Spurs, move on to Finals

The Golden State Warriors have advanced to the NBA Finals for a third straight year.

Stephen Curry scored 36 points to lead Golden State to a 129-115 victory over the Spurs on Monday night in San Antonio to win the Western Conference final in four games. The Warriors also swept the Portland Trail Blazers and Utah Jazz in previous playoff rounds.

The Warriors won the championship in 2015.

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MAKE IT TODAY

Generous Banana and Coconut Smoothie Bowl



PHOTO: MARY WISNETE

Ceri Marsh & Laura Keogh
For Metro Canada

If you love a smoothie but miss the action of "eating" something, then a smoothie bowl with its cereal-like feel and generous toppings is where it's at for your breakfast.

Ready in 10 minutes

Prep time: 5 minutes
Makes: 2 servings

Ingredients

- 1/2 cup milk or coconut milk
- 1 cup plain Greek yogurt
- 2 frozen bananas (you know to peel them before you put them in the freezer, right?)
- 2 tsp coconut oil
- a couple scrapes of lime zest

Optional toppings

- Sprinkling ground chia
- Sprinkling flax seed meal
- 1 Tbsp of muesli
- 2 Tbsp pomegranate seeds
- sunflower seeds
- apple slices
- blueberries
- oats

Directions

1. Place the milk, yogurt, bananas and coconut oil and lime zest in a blender. Whiz until smooth. Pour into a bowl and sprinkle with your favourite toppings. Serve.

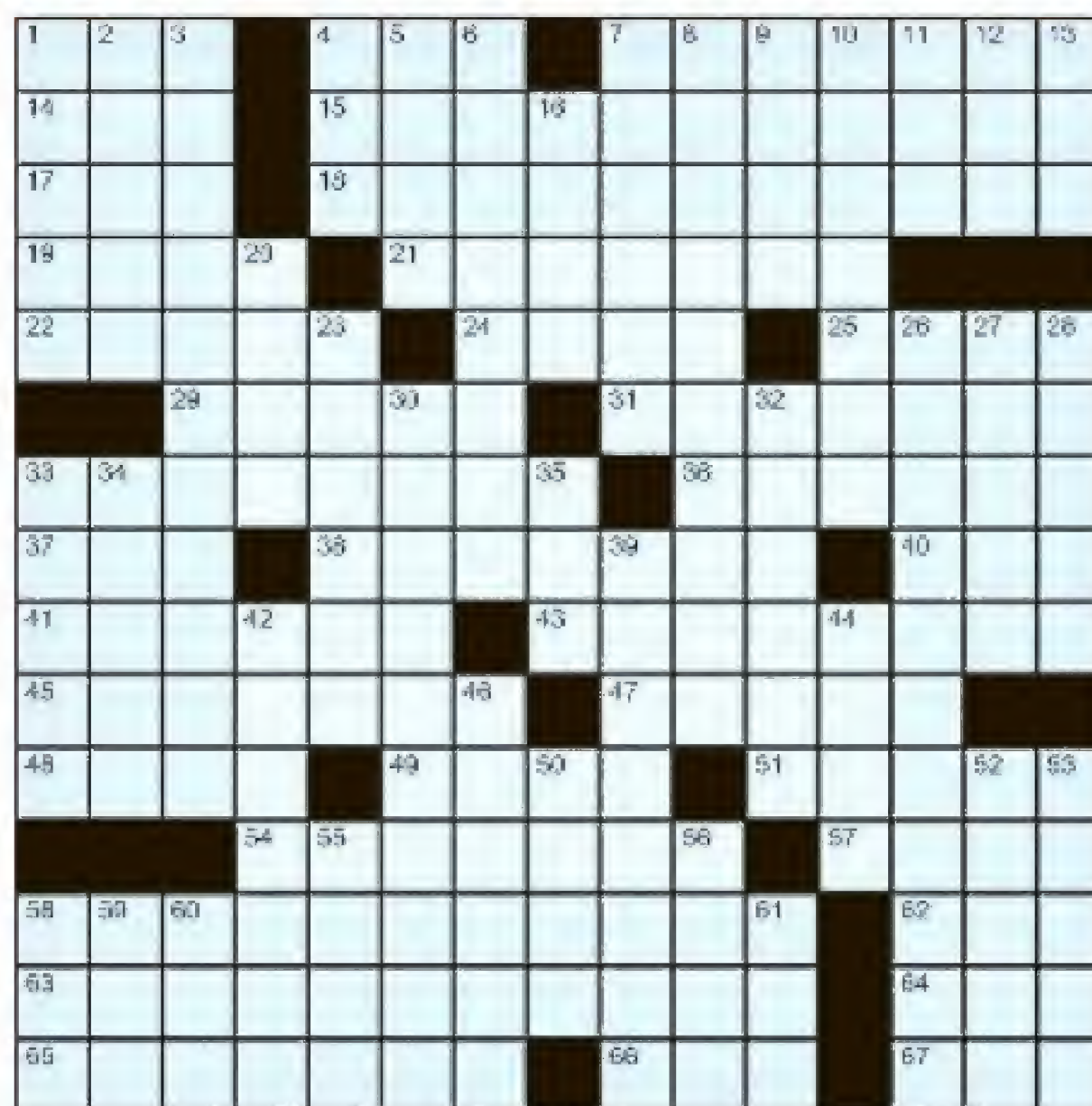
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BY KELLY ANN BUCHANAN

ACROSS

1. Summer hrs. in Alberta
4. RKO competitor
7. Anne Shirley's sweet-heart Mr. Blythe
14. Bungle
15. Where Hogwarts students go to buy supplies: 2 wds.
17. King: French
18. Transmitter of #33-Across: acr. + wd. + wd.
19. "Fame" character
21. 'Anti', 'Pre' and 'Pro' suffixes
22. Matinee stars
24. Ladies
25. Ancient promenade
29. Mikhail Gorbachev's late wife
31. Those saying "Ditto"
33. As per #18-Across... Randy Bachman's _ _ (The Canadian rock star's superb songs-spinning show)
36. Outfit the boat with a new sail-support
37. Beverage brrrrr
38. Dis-occupied the premises
40. "Help _ _ think I'm falling..." - Joni Mitchell
41. Fashion designer Pierre
43. Michelle Pfeiffer's DC Comics movie role
45. Green
47. Ms. Knightley
48. Jon of NBC's "Chicago P.D."
49. Informality



51. Astonished sounds
54. Fox's characteristic
57. Hightail it
58. The _ _; The Quest for the North West Passage and the North Pole, 1818 - 1909 (Pierre Berton book)

62. It means 'Ear'
63. Khao Man Kai and Chim Chum are dishes in it: 2 wds.
64. Baking amt.
65. Notion
66. Belonging to Minneapolis' 171 state
67. Princesses Beatrice and Eugenie's mum's

initials-sharers

DOWN

1. " _ _ beaucoup!"
2. Dickensian character Edwin
3. Like a Vicks cough drop's shape
4. Gladiator's 1600
5. Bee Gees sur-

name

6. Canadian fiddler Ashley
7. Beard style
8. Not divisible
9. Secular
10. Flower
11. Bitty Brit band
12. Stimp's pal
13. Nautical rope

16. David of "Rhoda"
20. Oil of _
23. Nissan car model
26. Sports in Canada... Harvey the Hound and Leo the Lion: 2 wds.
27. By land _ _ (Explorer's travel options)
28. John of "The Adams Family"
30. 2017 marks this coveted trophy's 125th anniversary: 2 wds.
32. Owl for Harry Potter
33. Smoking and gambling, for some
34. 'Vení' meaning in Julius Caesar's boast: 2 wds.
35. _ _ Man
39. Prepares to release the arrow: 2 wds.
42. Radical, as measures
44. Komodo dragons
46. "Darn!": 2 wds.
50. Li'l religious addresses
52. Fall guy
53. Ceases
55. Particular parasites
56. _ _ Fein (Irish republican party)
58. Airport tower [acronym]
59. P's follower
60. Tin
61. Abitibi article

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a busy, fast-paced time for you, which is why all your communications with others are in rapid staccato delivery. This is a good day to shop for wardrobe items.

Taurus April 21 - May 21
The Moon is in your sign today, lining up with chatty Mercury. This makes you talkative and eager to begin things. Any new venture will appeal to you.

Gemini May 22 - June 21
This is a vigorous time for you, with the Sun and Mars in your sign. Ideally, you should get more physical exercise to blow off any pent-up steam.

Cancer June 22 - July 23
A discussion with a female acquaintance or friend will be significant today. It appears as though someone wants your creative input or advice about something.

Leo July 24 - Aug. 23
Others might notice you today; it's quite likely because you have something to say. You might make an announcement or even be elected to head a group or club.

Virgo Aug. 24 - Sept. 23
Because you hunger for change and stimulation today, try to do something different. Travel, if possible. Visit someplace you've never been before — a store, restaurant or neighborhood.

Libra Sept. 24 - Oct. 23
Discussions about shared property, taxes, debt and anything that you own jointly with others will be significant today. Fortunately, with Venus opposite your sign, relationships with others are smooth.

Scorpio Oct. 24 - Nov. 22
This is a chatty day! Quite likely, you will attract someone who has a lot to say. Disputes about shared property and inheritances continue.

Sagittarius Nov. 23 - Dec. 21
Remember to get more sleep during this time, because you need it. Today you will focus on doing anything that makes you feel better organized. This includes dealing with a pet.

Capricorn Dec. 22 - Jan. 20
You're in a playful, prankish mood today, even though work still is your top priority. Take a long lunch. Enjoy sports and playful activities with children.

Aquarius Jan. 21 - Feb. 19
A discussion with a family member might be important today. This is a good time to focus on home repairs or discussing family plans.

Pisces Feb. 20 - March 20
During discussions with others today, you want to get right down to the nittygritty. You won't be interested in superficial chitchat.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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